



**SUPERIOR COURT OF CALIFORNIA**  
COUNTY OF SACRAMENTO  
3341 POWER INN ROAD  
SACRAMENTO, CA 95826

## **MEDIATION NOTICE**

Mediation is available as an alternative to litigation in family law cases. Mediation enables couples who have decided to separate or end their marriage or partnership to work with professionals to resolve difficult disputes regarding property division, child support, spousal or partner support, parentage, parenting plans, and many other issues affecting families and children.

Mediation involves a trained neutral person called a "mediator" who will facilitate the communication between the parties with the intent of helping them successfully discuss and work out solutions to their disagreements. Mediation allows parties to resolve conflicts quickly, effectively and confidentially, allowing them to avoid the cost and pressure of contested litigation.

Parties may choose to hire a mental health professional (such as a family therapist, social worker, or a psychologist) or an attorney that provides mediation services. Mediators who are mental health professionals can assist with developing parenting plans. Attorney mediators can assist in all family law areas including dissolution of marriage or domestic partnerships, property division, child support, spousal or partner support, and parenting plans. Mediators can be found throughout the community, online or in the yellow pages.